

**ABSTRACT**

A hockey helmet for receiving a head of a wearer, the head having a crown region and an occipital region. The helmet comprises a front portion facing the crown region and an occipital inner pad facing the occipital region of the head. The occipital inner pad is movable between a first position to a second position wherein, in the second position, the occipital inner pad applies pressure upon the occipital region of the head for urging the front portion of the helmet towards the crown region of the head. The helmet may also comprise an actuator for moving the occipital inner pad between the first and second positions.